

October Member Newsletter



Nothing Teaches Children More Than a Parent That is Willing to Learn

Thank you—yard day success!

Thanks to all who came, worked hard and accomplished so much:

The playhouse was washed and sanded for recoating and sealing. The sandbox got a new cover and part of the wood enclosure was replaced. Wood chips fluffed, excess sand removed from bike path, the climbing structure & picnic table re-stained, wheeled toys repaired.

Old sections of picket fence were removed and replaced with new fence posts and pickets and painted with primer. There was weeding, pruning, washing, painting organizing, and more!!

Tools left behind: blue plumbers wrench, orange bar clamp & a socket set.

Yard Day #2 is scheduled for Jan. 23.

Upcoming Dates

Thursday October 22

October Parent Meeting: 6:45–8:45 p.m.

Snack: Wendy's M/W Toddler Class

Thursday November 5

Board Meeting: 7–9 p.m.

Tuesday November 10

3-PENS Parent Meeting: 6:45 – 8:30

Guest Speaker: Janis Keyser
SCPENS Campus, Church Hall

Wednesday November 11

Veteran's Day: No School

Saturday November 14

RUMMAGE SALE 8:30am – 2pm

Wed–Fri November 25, 26 & 27

Thanksgiving Holidays: No School

Read the [SCPENS 2015-16 Calendar](#)

Welcome to the SCPENS Community

As we seem to be enjoying an extended summer with beautiful 80 degree days and mild nights the leaves are beginning to turn and pumpkins patches have sprung up all over. Despite the weather, we have stepped over into autumn and into the new school year.

Last year my daughter Daisy and I walked into class as new students, nervous and excited to explore and meet our schoolmates. We quickly settled into the class routine, made new friends, and were having a great time. I was soon yearning to go but Daisy was not ready yet, and so we stayed together every day. Soon enough I was able to leave on mini errands to the car; I felt confident there were adults who Daisy knew and trusted who would be able to assist her. By the time winter settled in Daisy had figured out a farewell ritual that she liked and I was able to leave for the full class. Even though it took months it was a great transition for us; I never felt judged or rushed, our feelings were validated, and choices were wholly supported. This year we have all the confidence of familiarity, a fellow parent has described her as a “great classroom ambassador” and she just wants a quick hug and kiss before I leave to do “boring grown-up stuff”. I am so grateful that we chose SCPENS as the first step on our school voyage!

At this very special preschool, the kids are not the only ones who learn new things. Each of us will come away from the year with new skills, new friendships, and a renewed commitment to raise our children with:

- humor and a sense of play
- positive discipline and a deep well of patience
- the confidence that comes from experience
- and the stress relief and laughter that comes from continuity and commiseration

Over the next few months, explore, grow, share and commiserate with your new community. Take every opportunity to challenge yourself and your child. And always remember to ask questions, laugh often and enjoy the journey!

Cory Beardsley
SCPENS President



SCPENS October Member Newsletter

Woodstock's Fundraiser Success!

Thanks for everyone who joined us for pizza and fun on 9/24—we raised \$299

Positive Discipline... What exactly is it?

Referenced from positivediscipline.com

Positive Discipline is aimed at developing mutually respectful relationships based on kindness and firmness at the same time; it is neither punitive nor permissive. It teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults.

Recent research tells us that children are “hardwired” from birth to connect with others. Children who feel a sense of connection to their community, family, and school are less likely to misbehave. To be successful, contributing members of their community, children must learn necessary social and life skills. Positive Discipline is based on the understanding that discipline must be taught and that discipline teaches. Click [here](#) for more information.

Watch the [video](#) with parenting expert Dr. Jane Nelson as she explains the Five Criteria for Positive Discipline.



Santa Cruz has a wealth of support for Positive Discipline. Sign up for PDCR's monthly [newsletter](#) to get the latest information on classes, events and resources.

October Parent Meeting: *Positive Discipline, an overview & discussion* presented by Colleen Murphey

Come and hear about Positive Discipline!

- Want to feel more joy in the task of parenting?
- Ever feel like there's no end to the 'gimmies'?
- Is there a way out of feeling like you have to do it all?

We want to cultivate a sense of belonging and significance in our children. This empowers them to contribute in meaningful ways and find solutions to common problems. This evening will be a general overview of the theory and approach of Positive Discipline. Come, have fun, and learn new skills!



Colleen Murphey is a Child and Parent Educator, Certified Positive Discipline Instructor, Parent Coach, and mother of two. She received her B.A. in Child Development in 1988 & has been teaching

skills as a Preschool Teacher for nearly 10 years, some of that time was spent at the SCPENS Campus.

In 2003, she became a Parent Educator working at a family resource center as well as a teacher at the Santa Cruz Adult School. She began facilitating toddler/preschooler playgroups and teaching part-time at SCPENS. She found she had a lot to say to the sleep-deprived, anxious, first-time parents who were full of questions. She became a Certified Positive Discipline Parent Educator and now teaches parenting classes and workshops at [Live Oak Family Resource Center](#). And in addition to all of this, she also works with families one-on-one in her own coaching practice.

To explore MORE of Colleen's offerings, visit her website:

<http://fromtheheadtotheheart.com/>

When: Thursday, October 22nd from 6:45-8:45 p.m.

Where: SCPENS Toddler Room

Snack: Wendy's M/W Toddler Class

The content of this meeting is adult-specific, so no children please (babies in arms are okay.)

Teacher Maggie's Wish List

- A mini-trampoline in good condition to replace the old broken down one in the play yard.
- More sandbox play dishes (teapots, cups, dishes, utensils, bowls) for our busy sand chefs!
- A couple of sturdy plastic child-sized rakes for Fall leaf-raking.
- A plastic-coated 5-8 lb. weight disc (the kind that goes on a barbell) to hold down the tarp covering the riding toys.

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SAVE-THE-DATE 8th Annual Rummage & Bake Sale:

Saturday, November 14th from 8:30 a.m.–2 p.m. at SCPENS

This year, we will host our annual SCPENS Rummage and bake sale in the Fall, RAIN OR SHINE. Traditionally, we have hosted this sale in the Spring, but this year we are shaking things up!

How can YOU help with the Rummage Sale?

- Donate, Donate, Donate! We are seeking donations that are in clean, working and sellable condition. See flyers in classrooms for complete list of acceptable items. SCPENS will provide a tax-donation receipt upon request.
- Volunteer to sort donations before the event. These nights are typically known as the "Pre-Sale" nights – sorters get FIRST pick at items for sale!
- Volunteer to support/work the event. Sign-up sheets will be posted in the classrooms later this month. This is the ONLY event SCPENS is offering work credit towards your Program Fund Fee. See sign-up sheet for details.
- Are you great baker or treat maker? Spend some time making some yummy goodness for our bake sale.
- Help us promote the event with fellow families in our community. Offer to collect donations from friends and families and bring them to campus. This event really does take a village! Historically, we have made a great deal of money when our entire group has chipped in ☺

Births and birthdays!

Congratulations to our 4-year-olds!

Ryan Fakhraei 10/17/2011

Darla Stettmeier 10/26/2011

Happy returns to our 3-year-olds!

Wes Clayman 9/4/2012

Lillian Rose Bennett 9/14/2012

Zac Messer 9/16/2012

Anderson Willingham 10/15/2012

Ernie Langseth-Mullen 10/18/2012

Birthday wishes to our 2-year-olds!

Miles Miller 10/3/2013



Congratulations to our expanding families!

Torborg's & big bother Ben on welcoming Samuel Isaac on 6/28

Hemeryck's & big sis LaRue on welcoming Lincoln Gregory Hemeryck on 7/21

Sargenti's & big sis Brielle on welcoming Evangeline. 8/8

We wish Maureen Rosner a timely and smooth delivery any day NOW!

Community News

- [Fall Book Sale Santa Cruz Civic Center](#)
Friday, October 23
20,000 Gently Used Books 10am-4pm. The Friends of the Santa Cruz Public Libraries will hold its Fall Book Sale Santa Cruz Civic Center at 307 Church St.
- [New Leaf's 30th Anniversary Block Party](#)
Saturday, October 24
WESTSIDE New Leaf's 30th Anniversary Celebration 4-8pm. New Leaf invites families to help celebrate their 30th birthday with a block party
- [Halloween & Mask Making Festival at Loudon Nelson Community Center](#)
Saturday, October 24
12-4pm. Glitter, ghouls, feathers and fun, this event has it all! Spend an afternoon creating decorative masks with your family, take a tour through "Ever-glow" cemetery, be transported into a spooky scene in our phantom photo booth or make gooey discoveries in our mystery touch tanks. Plus Zombies invade Laurel Park to dance Michael Jackson's famous Thriller at 3pm
- [Capitola Village Children's Halloween Parade](#)
Sunday, October 25
2-3pm. Line up begins at 1:30pm at the Pacific Cove Parking Lot above Capitola City Hall and Police Department.

SCPENS October Member Newsletter

Halloween Can Be Scary for Kids

Excerpts from "Becoming the Parent You Want to Be" by Laura Davis and Janis Keyser

When Halloween approaches, many of the places we go are filled with scary masks and costumes, pictures of ghosts and other ghouls. As adults we may be amused or even excited by this. But for young children, especially toddlers, Halloween can be an altogether different and very frightening experience.

Toddlers know enough to know that weird faces and costumes at Halloween are unusual and, therefore, scary. Even a benign "giant bunny" has been known to scare toddlers, because they have enough experience to know that bunny creatures don't come in that size so something must be wrong (especially if the bunny tries to talk.)



What can parents do to minimize children's fears around Halloween?

- Take your clues from your child. No two kids are at the exact same stage of development. What may scare one won't necessarily scare another. If you can stay flexible in your expectations, it will help keep things relaxed.
- Get into pumpkins. Going to the pumpkin patch and finding one just the right size to carry home is a wonderful achievement for a toddler. Since toddlers and preschoolers cannot use sharp knives safely, carving is basically an adult-centered activity. Some children enjoy drawing on their pumpkin and having you cut out the design.
- Forgo elaborate costumes. Some children love fantasy clothes and enjoy putting on funny hats, bunny or kitty ears, purses, neckpieces, shirts, vests. Problems may arise when parents spend many hours or dollars creating a costume that their child doesn't want to wear. Remember to separate what is important to you and what is important to your child. Know that your child may change her mind at any time.
- Toddlers are less likely to be scared if costumes don't cover faces. Preschool children may enjoy experimenting with face paint or with paper-plate masks that they can decorate and hold up to their face.
- Hold off on trick-or-treating or do so in a very controlled environment. Going to unknown houses at night, passing unexpected scary creatures, and then getting more candy than you're allowed to eat may be overwhelming.
- Offer support to your child. Have someone who doesn't have to answer the door available to be with your child, so she can keep as much distance as she wants between herself and the goblins.
- Continue to assess children's needs as they get older. Many preschool children continue to be scared by ghouls and goblins and surprises in the night. Using simple costumes, visiting familiar homes, and sticking to before dark activities can benefit many three-, four-, and five-year olds. Other preschoolers are thrilled to be out after dark and may even enjoy being "scared" in manageable doses. Know your child can help you assess what's appropriate.

And in brief...

Support Jobs

All families have been assigned a support job and received a job description. Lindsay and Mary will touch base with everyone over the next month to see how their jobs are going and offer support.

And a SPECIAL THANK YOU to families that didn't receive their "first pick," but are still accepting their role with enthusiasm!

Membership

We are always looking to boost our wait list. Please spread the word to your friends about our program.



Amazon shopping?

Use our link and earn money for SCPENS. Want to MAKE sure you are in the right place? Look for the this code at the end of your web address: `/?tag=widgeamazon-20&linkCode=w30`



Connect with SCPENS on Facebook. Like and share us with your friends and family.